



2019年新型冠状病毒肺炎 (COVID-19)

疫情概况

2020年4月19日更新

疫情发展迅速，CDC将及时提供最新消息和指南。

CDC is responding to a **pandemic** of respiratory disease **spreading** from person to person caused by a novel (new) **coronavirus**. The disease has been named “coronavirus disease 2019” (abbreviated “COVID-19”). This situation poses a serious **public health risk**. The federal government is working closely with state, local, tribal, and territorial partners as well as public health partners, to **respond** to this situation. COVID-19 can cause **mild to severe illness**; most severe illness occurs **in adults 65 years and older and people of any age with serious underlying medical problems**.

美国疫情

Different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is in the acceleration **phase** of the pandemic. The duration and severity of each pandemic phase can vary depending on the characteristics of the virus and the public health response.

- CDC and state and local public health laboratories are testing for the virus that causes COVID-19. For more details, view [CDC's Public Health Laboratory Testing map](#).
- 所有50个州均向CDC报告出现COVID-19病例。
- 美国COVID-19病例包括：
 - People who were infected while travelling, before returning to the United States
 - People who were infected after having close contact with someone known to be infected with the virus
 - People in a community who were infected with the virus but don't know how or where they were infected
- All U.S. states are reporting community spread of COVID-19.
- View latest [case counts](#), [deaths](#), [demographic characteristics](#), and a [map of states with reported cases](#).

For more information about COVID-19, contact a [state health department](#) or [local health department](#) [↗](#).

有关COVID-19的更多信息，请联系[州卫生部门](#)或[当地卫生部门](#) [↗](#)。

CDC 建议

Everyone can do their part to help us respond to this emerging public health threat by following CDC recommendations:

- Wear a [cloth face covering](#) in public settings to avoid spreading COVID-19 to others in case you are infected but do not have symptoms.

- 布制面罩的目的是在您被感染的情况下保护他人。
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are considered critical supplies that should be reserved for healthcare workers and other first responders, as recommended by CDC.
- The cloth face covering is not a substitute for social distancing.
- CDC继续建议人与人之间保持约6英尺的社交距离。

The White House [“Slow the Spread” guidelines](#)   are in place until April 30. These are part of a nationwide effort to slow the spread of COVID-19 through the use of social distancing at all levels of society. On April 16, the White House released [Guidelines for Opening Up America Again](#) , a phased approach to help state and local officials reopen their economies, get people back to work, and continue to protect American lives.

病人

If you get a **fever or cough**, consider whether you might have COVID-19, depending on where you live, your travel history, and other exposures. [All of the United States](#) is seeing some level of community spread of COVID-19. You may ask to be [tested for COVID-19](#) by contacting a medical provider or health department, but it’s important that you know there is no treatment for this virus. Most people who get the virus have mild illness and are able to [recover at home without medical care](#).

重病风险更高的人群

People **65 years and older** and people with **serious underlying medical conditions** should [take special precautions](#) because they are at higher risk of developing severe COVID-19 illness.

旅客

American citizens, lawful permanent residents, and their families who have been in one of the countries with [travel restrictions for entering the United States](#) in the past 14 days will be allowed to enter the United States but will be redirected to one of 13 airports. After you return from one of these countries, you should stay home and monitor your health.

All other international travelers, [please follow CDC instructions during this time](#). Your cooperation is integral to the ongoing public health response to try to slow spread of this virus.

健康护理提供者

若您是医务人员，您可以自行判断病人是否存在COVID-19相关体征和症状，以及[是否应接受检测](#)。CDC的《[COVID-19评估和实验室测试的指导标准](#)》规定优先检测疑似感染COVID-19的病人。

COVID-19背景

COVID-19 is caused by a new coronavirus. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with [MERS-CoV](#), [SARS-CoV](#), and now with this new virus, named SARS-CoV-2.

像MERS-CoV和SARS-CoV一样，SARS-CoV-2病毒也是β冠状病毒。所有这三种病毒均源自蝙蝠。来自美国患者的病毒序列与中国最初发布的病毒序列相似，表明这种病毒可能是出于同一动物宿主身上。

作为疫情爆发中心，中国湖北省武汉市在早些时候发现，许多病人与武汉的一个大型海鲜野生动物市场存在某种关联，这表示存在动物到人的传播。随后，日益增多的病人被报道未曾接触过这家野生动物市场，这表示也存在人与人之间的传播。后来，又在湖北省外以及中国以外其他国家（包括[美国](#)）出现了人与人之间的传播。大部分国际旅行目的地现在都存在持续的COVID-

[19病毒社区传播](#)，美国亦是如此。社区传播意味着部分人已经受到感染，但不知道其接触病毒的方式或场所。详细了解这种COVID-19致病病毒的传播情况。

严重程度

The complete clinical picture of COVID-19 is not fully known. Reported illnesses have ranged from very mild (including some people with no reported symptoms) to severe, including illness resulting in death. While information so far suggests that the majority of COVID-19 illnesses are mild, [an early report](#) out of China found serious illness in 16% of people who were infected. A [CDC Morbidity & Mortality Weekly Report that looked at severity of disease among COVID-19 patients in the United States](#) by age group found that 80% of deaths were among adults 65 years and older, with the highest percentage of severe outcomes occurring in people 85 years and older. People with serious underlying medical conditions — like serious heart conditions, chronic lung disease, and diabetes, for example — also seem to be at higher risk of developing severe COVID-19 illness.

相关内容：[COVID-19相关症状](#)。

风险评估

The risk posed by COVID-19 depends on characteristics of the virus, including how easily it spreads between people; the severity of resulting illness; and the medical or other measures available to control the impact of the virus (for example, vaccines or medications that can treat the illness) and the relative success of these. Because there are not yet vaccines or treatments for COVID-19, [nonpharmaceutical interventions](#) become the most important response strategy. These are community interventions that can help reduce the impact of disease, like social distancing and good hand hygiene.

When considering the risk that COVID-19 poses to Americans, it's helpful to break down this risk into two types: **risk of exposure** and **risk of serious illness and death**.

接触风险

- 目前各州均报告有COVID-19病例和社区传播实例。
- People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with the level of their risk depending on their location.
- 照顾COVID-19患者的健康护理人员存在更高的接触风险。
- 与COVID-19患者密切接触者也存在更高的病毒接触风险。
- Travelers returning from affected [international locations](#) where community spread is occurring also are at elevated risk of exposure, with their level of risk depending on where they traveled.

重病风险

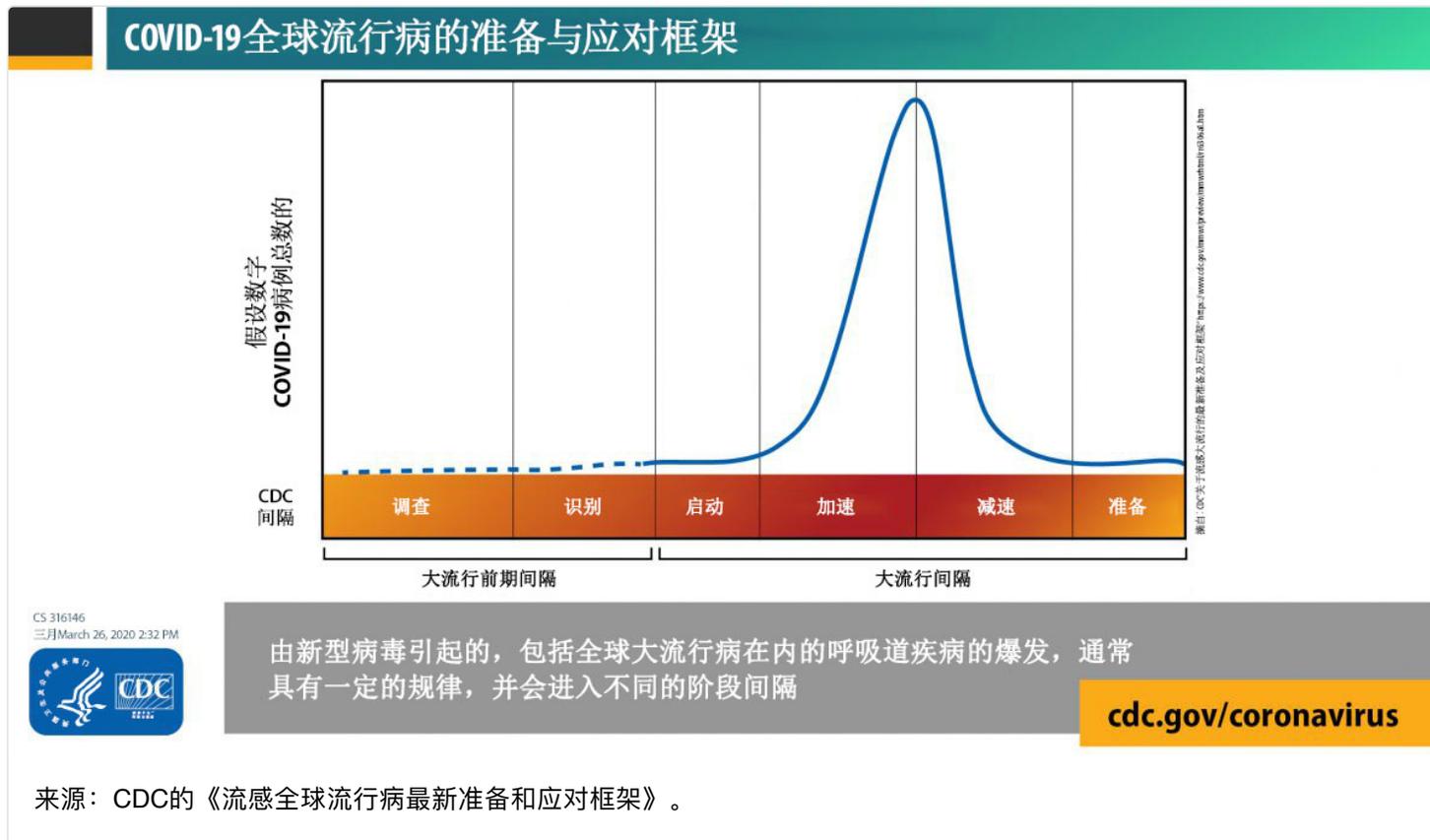
Based on what we know now, persons at higher risk for severe illness from COVID-19 are:

- [65岁及以上的人](#)
- [住在养老院或长期护理设施的人群](#)
- [People of all ages with serious underlying medical conditions](#)

CDC has developed [guidance to help individuals and healthcare providers assess the risk and manage illness among people with potential community-related exposures to COVID-19.](#)

COVID-19全球流行病

全球性流行病是疾病疫情在全球范围内的爆发。当出现一种新病毒感染人类并可持续从人到人传播时，就会出现全球性流行病。由于先前几乎不存在针对新型病毒的免疫力，因此该病毒可以传遍世界各地。



COVID-19病毒感染人类并很容易人传人。3月11日，COVID-19疫情爆发被WHO确定为全球流行病 [🔗](#)。

这是首次称由新型冠状病毒引起的全球流行病。在过去的一个世纪里，发生过四次由新型流行性感冒病毒引起的全球流行病。因此，大多数研究和指南针对于流行性感冒，但同样的前提适用于当前的COVID-19全球流行病。呼吸系统全球流行病遵循特定的发展模式，如“[全球流行病防范期框架](#)”所列。全球流行病始于调查期、然后是识别期、启动期和加速期。疾病峰值出现在加速期末尾，然后进入减速期，期间病例减少。同一时间不同的国家可能处于不同的流行病阶段，而同一个国家的不同地区也可能处于不同的流行病阶段。

相关内容: [COVID-19确诊病例全球分布图](#)

CDC的应对

目前，全球各地的努力同时集中在减少该病毒的传播与影响上。联邦政府正在与州级、地方、部落和领地伙伴以及公共卫生合作伙伴开展密切合作，以应对这一公共健康威胁。

查看[CDC应对措施重点](#)。

更多信息

[世界卫生组织, 冠状病毒](#) 

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信息来源：[全国免疫与呼吸系统疾病中心 \(NCIRD\)](#) 病毒性疾病部